

# Lunch 1

Weeks beginning 1 Sep, 22 Sep, 13 Oct, 3 Nov, 24 Nov (no lunch on 17 Oct, 7 Nov)  
Some days will have a themed meal. Please see college website for the themed menus when updated.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Broccoli and Pea (Vegan)	French Lentil (Vegan)	Curried Carrot and Wild Rice (Vegan)	Tomato, Pepper and Basil (Vegan)	Red Lentil and Carrot (Vegan)
Option 1	Potato, Spinach and Chickpea Curry Baked Lemon and Ginger Rice Poppadom (Vegan)	Roasted Vegetable and Mixed Bean Chilli Coconut and Lime Yoghurt Rice Smashed Avocado (Vegan)	Fried Rosemary and Garlic Polenta with Sour Peppers, Onions and Tomatoes Pickled Red Cabbage Rosemary and Thyme Roast Potatoes (Vegan)	Courgette, Carrot and Quinoa Vegetable Cakes with Spiced Tomato Compote Crushed Potatoes Green Vegetables (Vegan)	Parmigiana Green Bean, Tomato, Roasted Red Onion and Fine Bean Salad Roasted New Potatoes (Vegan)
Option 2	Cherry Tomato and Halloumi Shakshuka Roast new Potatoes with Garlic and Rosemary Green Vegetables (V)	Romesco Chicken with Roasted New Potatoes and Greens Tomato, Cucumber, Red Onion and Roquette Salad	Slow-cooked Honey Roast Ham with Mustard Sauce Pickled Red Cabbage Rosemary and Thyme Roast Potatoes	Homemade Lasagne Garlic Ciabatta Roasted Broccoli, Fennel and Cauliflower with Shallots and Seeds	Salmon, Prawn, Tomato and Harissa Gratin with Cheese and Herb Breadcrumbs New Potatoes Green Vegetables
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Chipotle Black Bean and Vegetable Burrito Box with Coconut and Mint Dressing (Vegan)	Chipotle Black Bean and Vegetable Burrito Box with Coconut and Mint Dressing (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Hot-Smoked Chalk Stream Trout with Quinoa, Raw Veg and Sesame Dressing	Hot-Smoked Chalk Stream Trout with Quinoa, Raw Veg and Sesame Dressing	Grilled Chicken, Avocado and Kalamata Olive Salad	Grilled Chicken, Avocado and Kalamata Olive Salad
Dessert	Ginger Loaf Cake with Ginger Sauce and Blackberry Yoghurt (Vegan)	Grapefruit and Gooseberry Posset with Hazelnut, Coffee and Chocolate Shortbread (V)	Pecan and Pear Upside-down Cake with Yoghurt Cream (V)	Chocolate and Halva Brownies with Pomegranate and Lemon Cream (V)	Homemade Tiramisu (V)

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# Dinner 1

Weeks beginning 22 Sep, 13 Oct, 3 Nov, 24 Nov (no dinner on 17 Oct)

Some days will have a themed meal. Please see college website for the themed menus when updated.

GND Night college dinners will have different menus to the one listed below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Broccoli and Pea (Vegan)	French Lentil (Vegan)	Curried Carrot and Wild Rice (Vegan)	Tomato, Pepper and Basil (Vegan)	Red Lentil and Carrot (Vegan)
Option 1	Southern-fried Chick'n Burger Spiced Potato Wedges Root Veg Coleslaw (Vegan)	Shallot, Hazelnut and Tomato Tartiflette Baked Tenderstem with Chilli and Shallots (Vegan)	Homemade Aubergine and Vegan 'Feta' Pizza Homemade Aubergine and Feta Pizza Green Salad (Vegan)	Bang-bang Cauliflower with Sriracha and Lime Sauce, Chips Peas with Olive Oil and Mint Lemon Wedges, Tartare Sauce (Vegan)	Bombay Aubergine and Potato Curry Basmati Rice Naan Bread (Vegan)
Option 2	Squash, Onion Seed and Paneer Burger with Mango Chutney Yoghurt Spiced Potato Wedges Root Veg Coleslaw (V)	Salmon, Pea and Parmesan Risotto Baked Tenderstem with Chilli and Shallots	Homemade Salami and Chorizo Pizza Green Salad	Fish and Chips Peas with Olive Oil and Mint Lemon Wedges Tartare Sauce	Slow Cooked Lamb Shoulder and Toasted Coconut Curry Basmati Rice Naan Bread
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Chipotle Black Bean and Vegetable Burrito Box with Coconut and Mint Dressing (Vegan)	Chipotle Black Bean and Vegetable Burrito Box with Coconut and Mint Dressing (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Hot-Smoked Chalk Stream Trout with Quinoa, Raw Veg and Sesame Dressing	Hot-Smoked Chalk Stream Trout with Quinoa, Raw Veg and Sesame Dressing	Grilled Chicken, Avocado and Kalamata Olive Salad	Grilled Chicken, Avocado and Kalamata Olive Salad
Dessert	Vanilla Cheesecake with Baked Fruits (Vegan)	Lemon Meringue Shortbread Slice (V)	Chocolate Orange Braided Monkey Bread with Raspberry Cream (V)	Black Forest Bakewell Tart (V)	Coconut Rice Pudding with Toasted Coconut and Homemade Cherry Compote (V)

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# Lunch 2

Weeks beginning 8 Sep, 29 Sep, 20 Oct, 10 Nov, 1 Dec (no lunch on 14 Nov)

Some days will have a themed meal. Please see college website for the themed menus when updated.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Celeriac Soup <i>(Vegan)</i>	Roasted Tomato and Red Onion Soup with Olive and Caper Tapenade <i>(Vegan)</i>	Potato and Leek <i>(Vegan)</i>	Sweet Potato Coconut Dahl <i>(Vegan)</i>	Miso, Tofu and Vegetable <i>(Vegan)</i>
Option 1	Lentil and Sweet Potato Cottage Pie with Onion and Thyme Gravy Green Vegetables <i>(Vegan)</i>	Ma Po Tofu and Aubergine Rice Steamed Savoy and Greens <i>(Vegan)</i>	Sticky Aubergine, Cashew and Herb Tarte Tatin Roast New Potatoes Olive Oil Dressed Fine Beans <i>(Vegan)</i>	Porcini Mushroom and Quinoa Meatballs in Roasted Vegetable Sauce Herb Cous Cous Green Vegetables <i>(Vegan)</i>	Squash and Cauliflower Biryani Mint Yoghurt Homemade Bhaji <i>(Vegan)</i>
Option 2	Aubergine, Halloumi and Harissa Bake Green Vegetables (v)	Miso and Gochujang Roast Chicken Rice Steamed Savoy and Greens	Slow-Cooked Beef and Pepper Goulash Crushed Potatoes Olive Oil Dressed Fine Beans	Slow-cooked Sweet and Sour Pork Rice Steamed Green Vegetables	Tuna and Tomato Puttanesca Pasta Bake Pea and Green Bean Salad
Salad Box 1	Mezze Bowl- Rainbow Vegetables, Chickpea Cous-Cous, Homemade Hummus and Olive Oil and Sesame Dressing <i>(Vegan)</i>	Mezze Bowl- Rainbow Vegetables, Chickpea Cous-Cous, Homemade Hummus and Olive Oil and Sesame Dressing <i>(Vegan)</i>	Crunchy Thai, Cashew and Quinoa Salad <i>(Vegan)</i>	Crunchy Thai, Cashew and Quinoa Salad <i>(Vegan)</i>	
Salad Box 2	Marinated Feta Niçoise Style Salad (v)	Marinated Feta Niçoise Style Salad (v)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (v)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (v)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Smokey Chicken with Pickled Cabbage, Rice Salad, Edamame and Cashew and Miso Dressing	Smokey Chicken with Pickled Cabbage, Rice Salad, Edamame and Cashew and Miso Dressing
Dessert	Chocolate Mousse Cake <i>(Vegan)</i>	Plum and Almond Clafoutis Tarts (v)	Mixed Spice and Raspberry Slice with Yoghurt Cream (v)	Apple and Custard Tray Bake with Crumble Top (v)	Chocolate and Pecan Cake with Yoghurt Cream (v)

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# Dinner 2

Weeks beginning 29 Sep, 20 Oct, 10 Nov, 8 Dec

Some days will have a themed meal. Please see college website for the themed menus when updated.  
GND Night college dinners will have different menus to the one listed below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Celeriac Soup (Vegan)	Roasted Tomato and Red Onion Soup with Olive and Caper Tapenade (Vegan)	Potato and Leek (Vegan)	Sweet Potato Coconut Dahl (Vegan)	Miso, Tofu and Vegetable (Vegan)
Option 1	Ram-don Noodles with Smoked Tofu, Black Garlic, Leek and Tenderstem (Vegan)	Spaghetti with Tomato, Caper, Olive and Oregano Sauce Garlic Ciabatta Dressed Salad (Vegan)	Spinach, Onion and Mushroom Pizza (Vegan) Spinach, Mushroom, Mozzarella and Onion Pizza (V) Tomato, Cucumber and Roquette Salad (Vegan)	Shallot and Root Vegetable Bourguignonne Mash Green and Purple Cabbage with Shallots and Toasted Seeds (Vegan)	Aubergine and Tofu Katsu Curry Sticky Rice Steamed Vegetables (Vegan)
Option 2	Mushroom and Caramelised Goats' Cheese Gnocchi Sun-blushed Tomato and Roquette Salad (V)	Homemade Cannelloni Garlic Ciabatta Dressed Salad	Pepperoni, Tomato and Mozzarella Pizza Tomato, Cucumber and Roquette Salad	Merguez Sausage and Mixed Bean Casserole Mash Green and Purple Cabbage with Shallots and Toasted Seeds	Chicken Katsu Curry Sticky Rice Steamed Vegetables
Salad Box 1	Mezze Bowl- Rainbow Vegetables, Chickpea Cous-Cous, Homemade Hummus and Olive Oil and Sesame Dressing (Vegan)	Mezze Bowl- Rainbow Vegetables, Chickpea Cous-Cous, Homemade Hummus and Olive Oil and Sesame Dressing (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	
Salad Box 2	Marinated Feta Niçoise Style Salad (V)	Marinated Feta Niçoise Style Salad (V)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Smokey Chicken with Pickled Cabbage, Rice Salad, Edamame and Cashew and Miso Dressing	Smokey Chicken with Pickled Cabbage, Rice Salad, Edamame and Cashew and Miso Dressing
Dessert	Coffee, Walnut and Miso Caramel Cake (Vegan)	Caramel Budino (V)	Pistachio, Fig and Ricotta Meringues (V)	Malt Custard Choux Bun with Chocolate and Almond Sauce (V)	Baked White Chocolate and Ginger Cheesecake with Stewed Berries (V)

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# Lunch 3

Weeks beginning 15 Sep, 6 Oct, 27 Oct, 17 Nov, 8 Dec

Some days will have a themed meal. Please see college website for the themed menus when updated.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Thai Pumpkin Soup <i>(Vegan)</i>	Roasted Parsnip, Shallot and Garlic <i>(Vegan)</i>	Mexican Bean and Chipotle <i>(Vegan)</i>	Roasted Vegetable and Lentil <i>(Vegan)</i>	Tuscan White Bean <i>(Vegan)</i>
Option 1	Potato, Mushroom, Borlotti and Paprika Goulash Wholegrain Rice with Herbs and Lemon Roasted Broccoli and Fennel <i>(Vegan)</i>	Tandoori Cauliflower Curry Lemon Rice Green Bean Salad with Pomegranate and Tamarind Dressing <i>(Vegan)</i>	Roasted Ratoutille Pies Tomato and Herb Sauce Roast New Potatoes Peas with Mint <i>(Vegan)</i>	Creamy Tahini and Aubergine Pasta Bake with Spiced Herb Sauce Roasted Greens <i>(Vegan)</i>	Carrot and Sweetcorn Fritters with Roasted Tomato and Pepper Sauce Sauté Potatoes Fine Beans <i>(Vegan)</i>
Option 2	Miso, Vegetable and Lentil Lasagne with Mozzarella and Herbs Roasted Broccoli and Fennel <i>(V)</i>	Turkey Scallopini with Lemons, Capers and Parsley Baked Gnocchi with Tomatoes, Peppers and Mozzarella	Roasted Chicken, Wild Mushroom And Herbs Crushed potatoes Peas with Mint	Slow-cooked Shin of Beef with Red Wine, Shallots and Herbs Mascarpone Polenta Courgette and Parmesan Salad	Salmon and Herb En Crouete Sauté Potatoes Roasted Tomato and Pepper Sauce Fine Beans
Salad Box 1	Vegan Pesto and Broccolini Pasta <i>(Vegan)</i>	Vegan Pesto and Broccolini Pasta <i>(Vegan)</i>	Carrot, Cabbage and Cucumber Crunchy Tofu Salad <i>(Vegan)</i>	Carrot, Cabbage and Cucumber Crunchy Tofu Salad <i>(Vegan)</i>	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing <i>(V)</i>	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing <i>(V)</i>		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice and Beans and Marinated Feta
Salad Box 3		Tuna, Asparagus and White Bean Salad	Tuna, Asparagus and White Bean Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Sticky Toffee Pudding with Toffee Sauce and Vanilla Ice Cream <i>(Vegan)</i>	Chocolate Fudge Tart with Raspberry Cream <i>(V)</i>	Banana and Coconut Cake with Caramelised Coconut Cream <i>(V)</i>	Golden Syrup and Raspberry Tarts with Berry Cream <i>(V)</i>	Passion Fruit and Berry Pavlovas <i>(V)</i>

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# Dinner 3

Weeks beginning 6 Oct, 27 Oct, 17 Nov

Some days will have a themed meal. Please see college website for the themed menus when updated.  
GND Night college dinners will have different menus to the one listed below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Thai Pumpkin Soup <i>(Vegan)</i>	Roasted Parsnip, Shallot and Garlic <i>(Vegan)</i>	Mexican Bean and Chipotle <i>(Vegan)</i>	Roasted Vegetable and Lentil <i>(Vegan)</i>	Tuscan White Bean <i>(Vegan)</i>
Option 1	Plant-based Sausages with Red Onion and Thyme Gravy, Mash and Green Vegetables <i>(Vegan)</i>	Black Bean, Roasted Flat Mushroom and Pepper Burritos Sweet Potato Fries Smashed Avocado Salsa <i>(Vegan)</i>	Pizza with Black Olives, Red Peppers, Spinach, Garlic, Capers, Chilli, Jalapenos and finished with Roquette <i>(Vegan)</i> As Above with Mozzarella <i>(V)</i>	Sweet and Sour Tofu with Peppers and Cashews Jasmine Rice Green Vegetables <i>(Vegan)</i>	Thai Tempah and Vegetable Curry Sticky Rice Spring Roll <i>(Vegan)</i>
Option 2	Homemade Glamorgan Sausages (Leek and Cheese) with Red Onion and Thyme Gravy, Mash and Green Vegetables <i>(V)</i>	Spiced Chicken and Pepper Burrito Sweet Potato Fries Smashed Avocado Salsa	Pizza with Black Olives, Anchovies, Capers and Mozzarella finished with Roquette and Parmesan	Stir-fried Sticky Chicken and Peppers Jasmine Rice Green Vegetables	Thai Fish and Prawn Curry Sticky Rice Spring Roll
Salad Box 1	Vegan Pesto and Broccolini Pasta <i>(Vegan)</i>	Vegan Pesto and Broccolini Pasta <i>(Vegan)</i>	Carrot, Cabbage and Cucumber Crunchy Tofu Salad <i>(Vegan)</i>	Carrot, Cabbage and Cucumber Crunchy Tofu Salad <i>(Vegan)</i>	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing <i>(V)</i>	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing <i>(V)</i>		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice and Beans and Marinated Feta
Salad Box 3		Tuna, Asparagus and White Bean Salad	Tuna, Asparagus and White Bean Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Peanut Butter Pie <i>(Vegan)</i>	Banana and Coconut Three Milk Cake <i>(V)</i>	Coffee and Brown Sugar Tray Bake with Coffee Mascarpone Cream <i>(V)</i>	Sticky Plum and Almond Tart with Lemon Yoghurt Cream <i>(V)</i>	Baked Fudge Pudding with Salted Muscovado Sauce and Clotted Cream <i>(V)</i>

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